

Tomorrow's World Today: New Frontiers in Mental Health

Thursday 1st March 2018

#FutureMentalHealth

Stirling Court Hotel

9:00 -
10:00

Registration and refreshments

10:00

Welcome address and introduction

Conference Chair: **Martyn Evans**, Chief Executive, Carnegie UK Trust

10:10 –
11:40

Session One: Arrival

Professor Philip Wilson

Professor of Primary Care and Rural Health, Centre for Rural Health, University of Aberdeen

Early childhood experience, its contribution to lifelong mental (and physical) health and how to re-orientate services to focus on childhood experience

Dr Stuart Ritchie

Postdoctoral Fellow in Cognitive Ageing, School of Philosophy, Psychology and Language Sciences, University of Edinburgh

The determinants for a healthy ageing brain: how ageing affects cognition and how mental ability in youth affects health and longevity

Shirley Cramer CBE

Chief Executive, The Royal Society for Public Health (RSPH)

Status of Mind: pushing forward the conversation about social media and young people's mental health and wellbeing

11:40 -
12:00

Refreshments and networking

12:00 –
13:00

Session Two: To Infinity and Beyond

Parallel Sessions – attendees choose one of the following:

Disrupting the future

Digital approaches that support wellbeing in older people, street sex workers and women experiencing domestic abuse

Dr Valerie Carr, Snook

Chair: Nicola Hanssen,
ROAR

Lomond Room

One Giant Leap

How Aye Mind is enabling young people to create their own mental wellbeing, through digital literacy and wider citizenship approaches

Dr Trevor Lakey, NHS
Greater Glasgow and Clyde

Chair: Dr Joyce Cavaye, The
Open University Scotland

Main Conference Room

Mindful Inside

Evaluating a mindfulness based intervention for young men in HMYOI Polmont, to help manage emotional difficulties.

Prof Stewart Mercer and **Dr Sharon Simpson**
University of Glasgow

Chair: Pete White, Positive
Prison? Positive Futures

Mull Room

13:00 –
13:50

Lunch, networking and exhibition viewing

13:50 –
14:50

Session Three: The Force Awakens

A public health approach to good mental health for all. Discussion panel with:

Shirley Windsor, Organisational Leader (Public Mental Health), NHS Health Scotland

Allyson McCollam, Associate Joint Director of Public Health for NHS Borders and Vice Chair of Public Mental Health Group

Dr Jonathan Leach, Faculty of Health and Social Care, The Open University

Calum Irving, Director, See Me

James Jopling, Executive Director of Scotland, The Samaritans

14:50 –
15:40

Session Four: Back to the Future

Interactive session with **Young Scot's Communic18 team** for the Year of Young People, looking at young people's recommendations from the 'Creating a Healthier Scotland' Report.

15:40 –
15:50

Event Horizon: next steps

Martyn Evans, Chief Executive, Carnegie UK Trust

15:50

Conference close

A collaboration between:



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